

Beef Barley Soup¹⁰

Number of Servings: 10 (322.28 g per serving)

Amount	Measure	Ingredient
1/2	cup	Onion, yellow, fresh, chpd
1.00	lb	Beef, ground, extra lean, raw
4.00	oz	Mushrooms, fresh, med
9.00	cup	Water, tap, municipal
13.00	Tbs	Barley, pearled, dry
3 1/4	Tbs	Sauce, worcestershire
3/4	tsp	Spice, garlic, pwd
1/4	cup	Base, beef flvr, low sod, 0336, FS
3/4	tsp	Herb, thyme, leaf, dried
3/8	tsp	Spice, pepper, black, ground
4 3/4	tsp	Seasoning, original
1 1/4	cup	Carrots, fresh, grated, USDA

Nutrients per serving

Nutrition Facts

Serving Size (322g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 120mg **5%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 12g

Vitamin A 45% • **Vitamin C 4%**

Calcium 4% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

In an appropriate size soup pot, brown ground beef and onion. When beef is almost done, add sliced mushrooms and cook until ground beef is completely browned. Drain off any fat that has cooked out of meat.

Pour water into pot. Add barley, worcestershire, garlic powder, thyme, pepper, Mrs. Dash seasoning and low sodium beef base. Stir well and bring to a boil.

Reduce heat and simmer, covered until barley is tender, approximately 1-1 1/2 hours. (Equivalent measure of quick cooking barley may be used to decrease cooking time)

Add shredded/grated carrots and simmer an additional 5 minutes.

Serve 1 c. per serving

1 c = 1 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.